



Las Vegas Celebrates 100 Years!

www.lasvegas2005.org



primeTimers

class & Activity Schedule

October • November • December 2005

Senior Citizen Programs Division

www.lasvegasparcsandrec.com

Derfelt Senior Center (page 4)

Autumn Arts Festival

Saturday, October 22 11 am

Doolittle Senior Center (page 10)

Veterans Wall of Fame Ceremony

Thursday, November 10 11:30 am

Dula Gym (page 12)

Thanksgiving Dinner

Wednesday, November 23

East Las Vegas Community/Senior Center (page 15)

3rd Annual Hoe Down & Chili Cook-Off

Wednesday, October 26

Lieburn Senior Center (page 16)

“A Pet Affair”

Saturday, October 22 10 am

Las Vegas Senior Center (page 23)

Las Vegas Senior Idol Talent Competition

Saturday, November 5 1 pm

Northwest Senior Center (page 25)

Health Services Day

Tuesday, October 11 10:30 pm

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SENIOR DIMENSIONS®
a division of Health Plan of Nevada, Inc.

Derfelt Senior Center

Stephanie Richard, Center Coordinator

3343 W. Washington Ave. 229-6601

Open: Monday-Friday, 8 am-4 pm

Closed October 28, November 11, 24, 25, December 26

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates. Notary service available.

♥ Heart Healthy Activities

Monday

- ♥ 8:00 am Walk to Be Fit
- ♥ 9:00 am Yoga Stretch
- 9:00 am Crochet/Knit
- 9:00 am Compulsive Eaters Anonymous (C.E.A.)
- 10:00 am Chieko's Painting & Pastel
- 10:00 am Party Bridge
- 11:00 am The Yin & Yang of self
- 11:30 am Party Bridge



Tuesday

- 8:30 am Oil Painting
- ♥ 9:00 am Tai Chi
- 9:00 am Compulsive Eaters Anonymous (C.E.A.)
- 9:00 am Chieko's Painting & Pastel
- 10:00 am Spanish, beg.
- ♥ 10:30 am Line Dancing
- 11:30 am Duplicate Bridge



Wednesday

- ♥ 8:00 am Walk to Be Fit
- ♥ 9:00 am Yoga Stretch
- 9:00 am Quilting
- ♥ 12:00 noon Belly Dancing
- 12:00 noon Mah Jongg
- ♥ 2:30 pm Hula Dance, int.



Thursday

- ♥ 8:30 am T.O.P.S. Weigh-In
- ♥ 9:00 am Tai Chi
- ♥ 10:00 am T.O.P.S. (Take Off Pounds Sensibly) meeting
- 10:00 am Spanish, int.
- 10:00 am Watercolor, all levels (begins October 6)
- 11:00 am "All That Jazz" Variety Dance
- 11:15 am Card Club (party bridge)
- 2:00 pm Compulsive Eaters Anonymous (CEA)

Friday

- ♥ 8:00 am Walk to Be Fit
- ♥ 9:00 am Yoga Stretch
- 9:00 am Chieko's Painting & Pastel
- 10:00 am Writing for Pleasure
- ♥ 12:30 pm Ballroom Dance with JoJo



Twin Lakes Gallery Exhibits

Artists:

Cheiko's Painting & Pastel Class

Exhibit Dates:

Monday-Friday • November 1-30 • 9 am-3 pm

Reception:

Saturday, November 5 • 1-3 pm
Free Admission

New Program!

Reading Partners

Reading Partners Program



We are teaming up with Wasden Elementary School! A Reading Partner is a caring adult who has a vested interest in encouraging a child's development in reading. The commitment is a minimum of one hour per week at Wasden for 10 weeks. Please call 229-6601 to sign up.

Derfelt Senior Center (continued)

Derfelt Excursions "Outward Bound"

If you are 50 or older, join us for these fun excursions. Free transportation. Reservations required; seating is limited. Wear comfortable shoes and bring water for the outdoor excursions. Check-in at 8:45 am; we leave promptly at 9:00 am.

Imperial Palace Auto Museum Collection

Wednesday, October 12 9 am-2 pm
Fee: cost of lunch

Las Vegas Outlet Center Shopping Spree

Wednesday, November 9 9 am-2 pm
Fee: cost of lunch

Breakfast & Movie

Wednesday, December 28 9 am-2 pm
Fee: \$5.25 + breakfast

Corn Creek Walking Tour

Wednesday, October 26 9 am-2 pm
Fee: free (bring a sack lunch)

Valley of Fire Tour

Wednesday, November 23 9 am-2 pm
Fee: free (bring a sack lunch)



Fishing Derby

Let's go to Floyd Lamb State Park for a picnic and fishing. We will grill hamburgers and hot dogs while you fish. Current fishing license required. If you do not fish, come for cards and dominoes.



Wednesday, October 19 9 am-3 pm \$3

"Badabing" Dinner Theatre

Come be a part of this exciting mobster-themed production. Interact with the show while you enjoy a delicious dinner. Mobster-era attire is encouraged! Transportation will be provided from the center to the show. Please call to register.
Wednesday, October 19 5:30-10 pm \$2

Hiking

Explore the beautiful terrain of Southern Nevada! Transportation will be provided from the center to the hike location. Bring lunch and water.

Fridays 8:30 am-2:30 pm
October 14 & December 9

Holiday Light Tour

Come join in holiday cheer! We will be visiting the light spectacular at Sunset Park, the famous Ethel M cactus garden, and also viewing the best of the local's holiday homes. Transportation will be provided. Please call to register.

Thursday, December 15 5-9 pm \$5/person

Health/Wellness

Foot Care Clinic

Dr. Neal Marek, podiatrist, will be providing for your foot care needs. Call early for an appointment, 229-6601.

Thursday, October 13 11:45 am Free

Flu Shots

A Harmony Home Health & Hospice nurse will administer your yearly flu shots. Please call to register.

Friday, November 4 9 am-1 pm \$10

The Yin & Yang of Self

Explore life's physical, emotional, mental, and spiritual aspects.

Mondays 11 am-12:30 pm \$3

Compulsive Eaters Anonymous (C.E.A./H.O.W.)

A 12-step program for compulsive eaters.

Mondays & Tuesdays 9:30-11 am

Thursdays 2-3:30 pm Fee: donation

Amputee Coalition of Nevada

Speakers will share new information and technology to amputees, diabetics, and other interested individuals.

Fridays, October 14 & December 9 1-3 pm

Community Assistance

Kids to Kids

Nonprofit organization cleans gently used books for redistribution to at-risk children.

Volunteers needed.

Fridays October & December 9 1:30 pm

Park Ambassadors Meetings

Thursdays October 13 & November 10 10 am

Free! Income Tax Counseling by AARP

Meet with a representative for counseling on out-of-season difficulties. Business returns are excluded.

Appointments are necessary.

Thursdays, October 6 & November 17 9 am-12 noon

Words on Wheels – Library Services

Register for a free library card to check out items. A variety of books, tapes, and CDs will be available.

Requested items will be delivered on the next visit.

Wednesdays 10:30 am-12 noon

September 7 & 28, October 19,

November 9 & 30, December 21

Derfelt Senior Citizens Center (continued)

Education

Computer Classes

Instructors Ginger and Phil Edwards work as a team to ensure every student receives personal attention. Each weekly session consists of one and a half hours of instruction and a half hour for questions, answers and personal help. Classes start at the beginning of each month. \$25/four weeks

Introduction to Computers	Tuesday, 12-2 pm
Beginning Word	Tuesday, 2-4 pm
Intermediate Word	Wednesday, 9-11 am
Advanced Word	Wednesday, 11 am-1 pm
Internet	Wednesday, 1:30-3:30 pm

Open Lab Computer

Monday, Thursday & Friday 1:30-3:30 pm

AARP 55 Alive Mature Driving Program

You must attend both days of the class.

Mondays 12-4 pm \$10 (payable to AARP)
October 10 & 17, November 7 & 14, December 5 & 12

Spanish

Learn the basics and start to communicate in your “new” language. Classes are small. \$3/class

Beginning	Tuesdays	10-11:30 am
Intermediate	Thursdays	10 am-12 noon

Social Groups

Single Seniors Social Group Meetings

All single adults, 50 and older, invited for refreshments, games, guest speakers and local excursions.

Mondays	12 noon
October 24	Picnic Luncheon
November 21	Thanksgiving Feast
December 19	Holiday Party

Red Hat Society, new group now forming

This is a group created by women for women, for the fun of it. You may wear your red hat and purple outfit.

Tuesdays 1 pm
October 18, November 15, December 20

Writing for Pleasure

For experienced writers and those who want to discover their hidden talent.

Fridays 10 am-12 noon \$3/class

Book Discussion Group

Share your interest in books with other avid readers over light refreshments. Let us know you are interested.

2nd Thursday	9 am
October 13	<i>High Energy</i> by Dara Joy
November 10	<i>Blink</i> by Malcolm Gladwell
December 8	<i>The Broker</i> by John Grisham



Special Events

Thursday Nite in Baghdad

Special Program!
See page 31 for details.



Coffee Chatter

Sample a variety of coffee blends provided by the Coffee Roasters of Nevada and learn about their history and have your coffee grounds “read” by Gypsy Lottie.

Wednesday, October 12 10 am \$2

Autumn Arts Festival

Local artisans will show their work. Look for that perfect piece you have been yearning for, or come just for beautiful sights and food. The whole family will have fun with fine art, handmade crafts, children’s activities, and unique experiences. Join the festival!

Saturday, October 22 11 am-4 pm Free

Scarytell Breakfast

Enjoy a variety of spooky breakfast dishes, followed by readings of scary tales. Bring in your favorite story to share.

Wednesday, October 26 9 am \$3

Mad Hatter Tea Chatter

Don your favorite hat and learn about the vast world of tea. Enjoy a variety of finger foods and learn which foods complement different teas.

Wednesday, November 2 11 am \$3

Goblin’ Good-Time Luncheon

Join us for a delicious Thanksgiving meal. Enjoy fried turkey and all the trimmings, while you take in the live entertainment. Special appearance by Thelma the Turkey

Wednesday, November 16 11:30 am \$3

Holiday Brunch

Come celebrate all of the winter holidays with us! Feast on an array of dishes from each of the celebrated holidays in December. Menu will feature something from every tradition. Bring your favorite holiday recipe to share with your fellow friends.

Friday, December 2 11:30 am \$3

More Derfelt Senior Center ➤

Derfelt Senior Citizens Center (continued)

Arts & Crafts

Shoe Art

Do you have a pair of shoes you want to make elegant and dapper for the holidays? Bring in your "average" shoes and leave with holiday jewels! Feel free to bring along any additional decorations that you want to use.

Friday, October 7 9 am \$2



Crochet & Knit

Enjoy coffee and conversation while you work on your project. Instructor will be on hand at all times.

Mondays 9-11 am \$1/class

Oil Painting

All levels, beginners to advanced are welcome.

Tuesdays 8:30-11 am \$3/class

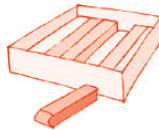
Cheiko's Oil Painting & Pastels

This class is for intermediate to advanced painters.

Mondays 10 am-2 pm

Tuesdays 9 am-1 pm

Fridays 9 am-1 pm



Quilting

The art of quilting has made a powerful comeback and our class instructor continues to inspire new and interesting designs for the students.

Wednesdays 10 am-12 noon \$3/class

Workshops

Mini Photo Brag Books

Come brag about yourself or someone you love! All supplies will be provided; you just need to bring a few of your favorite photos.

Wednesday, October 5 1 pm \$3

Memory Making with Katie

Learn how to make heritage album that will be a family heirloom and tell a story for generations to come.

Thursdays 1-3 pm \$3/class

October 13 Learn how to use borders to enhance your scrapbook pages.

November 10 Create pages that celebrate your family's fall traditions.

December 8 Learn to make holiday gift tags.

Extreme Makeover: Left Over Edition

Need some new and improved ideas for leftovers? In one morning you will learn how to make salad dressings and sandwich spreads. Once the makeover is complete, enjoy your creations.

Wednesday, October 9 9 am \$3

Dance

"All That Jazz" Variety Dance

If you are looking to broaden your dance moves, look no further! Each class you will learn a new dance style. Everything from the Charleston to tennis shoe tap will be taught. Get out your dancing shoes and come and cut a rug at Derfelt!

Thursdays 11 am-12:30 pm \$3/class

Ballroom Dance

JoJo will teach you two different dances every week.

Fridays 12:30-2:30 pm \$4/class

Belly Dancing, Beginning

It's exotic, firming and fun! Learn to dance with veils while shimmying off those extra pounds.

Wednesdays 12-1pm Free

Line Dancing

Have fun while you exercise and socialize. Some previous experience is necessary.

Tuesday 1:30 pm \$3/class

Fitness

Tai Chi

Tai Chi is a moving meditation that improves balance, coordination, and concentration.

Tuesdays & Thursdays 9-10 am \$3/class

Walk to be Fit

Stroll your way to good health while walking with us.

Monday, Wednesday & Friday 8 am Free

Sports

Bowling at Texas Station



Break out your bowling attire - it is time to throw some strikes! Transportation will be provided.

Tuesdays 9-11 am

\$3 (2 games & shoe rental)

October 4, November 8, December 13

Shuffleboard

Have you ever wanted to learn how to play the game? Here's your chance!

Thursdays 9-11 am Free

Doolittle Senior Center

Nicole Koerwitz, Center Coordinator

1950 N. J St. at W. Lake Mead Blvd. 229-6125

Open: Monday-Friday, 8:30 am-5 pm

Closed October 28, November 11, 24, 25, December 26

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates.

♥ Heart Healthy Activities

Monday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Table Tennis
- ♥ 9:00 am Strength Training
- 9:00 am Acrylic Painting
- ♥ 10:00 am Bowling
- 10:00 am Crafts, Knitting, Crocheting
- ♥ 10:00 am Country Western Line Dance



Friday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Strength Training
- ♥ 9:00 am Table Tennis
- ♥ 11:00 am Soul Line Dance
- 12:30 pm Bid Whist



Tuesday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Low Impact Aerobics
- 9:30 am Library Outreach
- ♥ 10:00 am Chair Exercise
- 10:00 am Crafts, Knitting, Crocheting
- 12:00 pm Bingo
- 2:00 pm Piano Lessons

Wednesday

- ♥ 6:45 am Golf
- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Strength Training
- ♥ 9:00 am Table Tennis
- 10:00 am Crafts, Knitting, Crocheting
- ♥ 10:00 am Country Western Line Dance
- ♥ 10:30 am Walking Group
- 12:30 pm Movies (1st & 3rd Wed. of the month)
- 12:30 pm Sewing



Thursday

- 8:30 am Dominoes
- 8:30 am Double Deck Pinochle
- 8:30 am Billiards
- ♥ 9:00 am Low Impact Aerobics
- ♥ 10:00 am Chair Exercise
- 10:00 am Crafts, Knitting, Crocheting
- 12:00 pm Bingo

Community Garden

Join our work crew and reap the benefits of fresh vegetables, fruits, and flowers. The garden has 35 raised gardening beds. The garden is located in the 1200 block of Blankenship. Please call 229-6125 for details.

Activity Calendar

October

- 6 9:30 am Blood Pressure Check
- 6 1:00 pm Health Is Wealth #4
- 14 11:00 am Physician Referral
- 21 9:00 am Senior Law Project
- 27 11:00 am Joke Day
- 27 11:30 am Birthday Celebration

November

- 3 9:30 am Blood Pressure Check
- 3 1:00 pm Health Is Wealth #5
- 8 & 9 10:00 am 55 Alive Mature Driving Class
- 15 9:00 am Vision Screening
- 17 11:00 am Joke Day
- 17 11:30 am Birthday Celebration
- 18 9:00 am Senior Law Project

December

- 1 9:30 am Blood Pressure Check
- 1 1:00 pm Health Is Wealth #6
- 16 9:00 am Senior Law Project
- 22 11:00 am Joke Day
- 22 11:30 am Birthday Celebration

More Doolittle Senior Center ➤

Doolittle Senior Center (continued)

Dance



Country Western Line Dance

Join this energetic group for a fun time.
Mary will teach you all the moves.
Mondays & Wednesdays 10 am Free

Soul Line Dancing

Not only will you learn great new soul line dances, but what a great form of exercise.
Fridays 11 am Free

Arts & Crafts

Crafts w/Carol Willingham

Please register at the front desk.
Tuesdays 10 am \$3/project
October 4 Doggie Bag Holder
November 2 Cloth Pumpkins
December 6 Memory Boards

Scrapbooking Class

Learn how to design scrapbook pages. Bring your own pictures and supplies or purchase them at class. Samples are on display in the lobby. Call Linda at 229-6125 for monthly theme and dates.
1st Thursday of the month 1 pm Free
October 6, November 3, December 1

Acrylic Painting

Learn to paint from a world-renowned realist, Colin Pringle. A supply list can be picked up at the center.
Mondays 9 am-12 pm \$5/class

Workshops

Holiday Fun Drinks

Come and let Linda and Nicole spice up your holiday drinks. We will create easy refreshing egg nog and hot and spicy cider. You won't believe your taste buds. Your wallet won't believe it either.
Monday, December 5 1 pm \$2

Fall Flower Arrangement Workshop

The arrangement is made out of silk flowers, so it can be used again and again. We will have all the supplies, just come and create. Display will be in the lobby. Please sign up in advance.
Wednesday, November 9 10 am \$3

Holiday Shirt Making Workshop

Bring your favorite shirt or sweatshirt; we will have the paint and patterns. Staff will show you how to create your one and only holiday designs. We will have a variety of holiday designs for you to add to your shirt.
Wednesday, December 14 10-11:30 am \$2

Sports

Table Tennis

Bring your paddle and get some great exercise. Come for practice or play a competitive game.
Mondays & Wednesdays 9-11 am Free



Bowling at Santa Fe Hotel

Van leaves Doolittle Senior Center at 9:15 am.
Mondays 10 am \$2.25 (3 games)

Senior Fitness Room

Improve your health and get fit! Equipment includes stepper, Gazelle, treadmill, bicycles, and Universal weight machines. Free with senior center membership.
Monday-Friday 8:30 am-5 pm Free

Senior Golf

Play a round of golf at the North Las Vegas Par 3 Golf Course. Meet at the course at 7 am for a 7:15 am tee time. Call 229-6125 for additional information.
Wednesdays 7 am \$6.50

Community Assistance

Senior Law Project

Receive advice and assistance in legal matters. Please call 229-6596 to schedule an appointment.
Fridays 9 am Free
October 21, November 18, December 16

Library Outreach

Register for a free Las Vegas-Clark County Library District card and check out your favorites books. They will bring your personal favorite books directly to the Senior Center.
Tuesdays 9:30-10:30 am Free

Music

Guitar Class

Always wanted to play guitar? Join our beginning guitar class. Bring your guitar or one will be provided for you.
Mondays 1 pm \$4/class



Piano Lessons

Learn the art of playing piano. Our instructor will teach all levels, beginner to advanced.
Tuesdays 1 pm Free

More Doolittle Senior Center ➤

Doolittle Senior Center (continued)

Day Trips

Thursday Nite in Baghdad

Special Program

See page 31 for details



Breakfast and Movie at Texas Station

Join us for a morning buffet and matinee movie. Van leaves at 9:30 am. Reservations required; space is limited.

Fridays 9:30 am-3 pm \$10 (approx.)
October 14, November 18, and December 16

Free Laughlin Trip

We will leave at 7 am and return the same day at 5 pm. Join your friends for a great day and a free buffet. Reservations required; space is limited.

Wednesday, December 7 7 am-5 pm Free

Trail Dusters

Join our easy hiking group or more experienced group. Van transportation provided from the center to the hike location. Bring lunch and water.

Fridays 8:30 am-2:30 pm \$1
October 7 Red Rock
November 4 Valley of Fire
December 2 Lake Mead

Let's Go Shopping

We will be going to the Premium Mall downtown. Wear comfortable shoes. Reservations required; space is limited.

Tuesday, November 15 9 am-3 pm
\$1 + shopping money & lunch

Buffalo Bill's Shopping Adventure

Join us for an afternoon of shopping and lunch at State Line. Space is limited; advance registration required. Wear comfortable shoes and bring money for lunch and shopping.

Thursday, October 13 9 am-3 pm
\$1 + shopping money & lunch

Annual Fishing and Picnic Derby

Let's go to Floyd Lamb State Park for a picnic and fishing. We will grill hamburgers and hot dogs while you fish. Current fishing license required. If you don't fish, come for cards and dominoes.

Wednesday, October 19 9 am-3 pm \$3

Holiday Light Tour

We will leave the center at 4 pm, stop at Texas Station for a buffet dinner and then we are off to see the lights. Reservations required; space is limited.

Thursday, December 15 4-9 pm
\$1 + buffet cost (approx. \$8)



Pahrump Valley Vineyard Lunch Tour

We will be taking a tour of the Pahrump Vineyard, wine tasting, and lunch.

Sample wine during lunch. Van leaves at 9:30 am.

Wednesday, December 28 9:30 am-1:30 pm \$15

Education

AARP 55 Alive Mature Driving Program

You must pre-register and attend both days. Call for information.

Tuesday & Wednesday 10 am-2 pm \$10
November 8 & 9

Pinochle Class

Cleo will teach you from start to finish. Advance registration is required. Call 229-6125 for dates of next 4-week class.

Mondays & Wednesdays 1-3 pm Free

Computer Classes

Registration is required at least one week prior to class start date.

All classes, except Intro to Computers, need instructor approval.

Intro to Computers

Tuesdays & Thursdays 10-11 am \$20/6 sessions
October 4, 6, 11, 13, 18, 20

Windows

Tuesdays & Thursdays 12-1 pm \$20/6 sessions
October 4, 6, 11, 13, 18, 20
November 8, 10, 15, 17, 22 & 29

Microsoft Word

Tuesdays & Thursdays 10-11 am \$20/6 sessions
November 8, 10, 15, 17, 18, 20
December 6, 8, 13, 15, 20 & 22

Internet

Tuesdays & Thursdays 10-11 am \$20/6 sessions
December 6, 8, 13, 15, 20 & 22

Picture It Publishing

Wednesday, November 2 & 9 12-2 pm \$20

Scanner Workshop

Wednesday, October 5 & 12 12-2 pm \$20

Using a CD Writer

Wednesday, December 14 & 21 12-2 pm \$20

More Doolittle Senior Center ➤

Doolittle Senior Center (continued)

Health/Wellness

Blood Pressure Check

Thursdays, October 6, November 3, December 1 9:30 am

Health Is Wealth #4 - Fred Greenberg

Fred Greenberg is a retired pharmacist of 48 years and has been involved in nutritional work in clinics and retail establishments such as Rite-Aid since 1980. He will discuss which foods, vitamins and minerals are essential for good health and ways to improve your vitality and to live a healthier and happier life through better daily healthy eating habits.

Thursday, October 6 1 pm Free

Health Is Wealth #5 - Fred Greenberg

Thursday, November 3 1 pm Free

Health Is Wealth #6 - Fred Greenberg

Thursday, December 1 1 pm Free

Physician Referral Seminar

Joan with Chancellor Gardens is going to discuss ways and provide you with the proper information on how to find the right physician for your needs. Light refreshments will be provided.

Thursday, October 20 11 am Free

Vision Screening

Shepherd Eye Center technicians will check your vision and your eyes for cataracts and glaucoma.

Tuesday, November 15 9 am Free

Senior Social Groups

Red Hat Society - Now Forming

Doolittle Senior Center is starting a Red Hat Society. We have your Queen Mother, waiting for dedicated participants. This is a great opportunity to get out and have fun while socializing in your fashionable purple and red. Call 229-6125 to reserve your spot. If we have a large interest, we will create another group and you can elect your Queen. Membership is limited to 20 participants per group.

Group 1 - Queen Lucille Bryant

First Monday of the month 12-2 pm

Group 2 - Open

The DCC – Doolittle Camera Club

Bring your digital cameras and join fellow picture-taking enthusiasts. This group will meet once a month on Wednesdays. As a group you can discuss and discover new techniques. We will schedule a photo opportunity outing once every 3 months for your enjoyment. Please call Nicole at 229-6125 for more information.

1st Wednesday of the month 1 pm Free

Nutrition

Lunch

We serve a healthy lunch every day.

Monday-Friday 11:30 am \$2

All You Can Eat Soup Feast and Bingo

Come and enjoy healthy eating, good food and great company. We will have a variety of soups and two kinds of bread. While enjoying your lunch, we will play bingo at noon.

Tuesday, October 18 11:30 am \$2



Pancake Breakfast

Now!!! Twice a month. Start your morning off right with bacon, eggs and juice.

Tuesdays: October 11, November 29, December 1

Thursdays: October 27 (pumpkin pancakes),

November 3, December 1

9:30-11:30 am \$2

Fish Fry

We will have a catfish lunch with all the fixin's.

Please make reservations in advance.

Fridays 11:30 am \$6

October 21, November 4, December 9

Cards & Games

Pinochle

Our game room is always full of experienced and beginner pinochle players. Join this great group of seniors.

Monday-Friday 8:30 am-5 pm Free

Dominoes

Come and join fellow domino players.

Monday-Friday 8:30 am-5 pm Free

Dominoes Tournament

Thursday, December 8 12:30 pm \$1



Bingo

Come and pick your favorite bingo cards. Play for a variety of household items, food, and special prizes.

Tuesdays & Thursdays 12 noon Free

Bid Whist Tournament

Great competition for all of the tough whist players.

Teams of two and winners take all. Winners have bragging rights for the month and trophies. Light snacks provided.

Friday, November 18 1 pm \$2

The DSC Scrabble Club

Test your skills against other Scrabble fans. We have the board or bring your own.

2nd & 4th Wednesday 12:30 pm Free

More Doolittle Senior Center ➤

Special Events

Movies

Join us for an afternoon of movies and popcorn.
Call 229-6125 for a listing of movies and dates.
1st & 3rd Wednesday of the month 12:30 pm
Free



Monthly Birthday Party

Please come and celebrate yours and other seniors' birthdays every month. We provide the cake and ice cream.

4th Thursday of the month 11:45 am Free

Joke Day

Calling all comedians. Bring your jokes and share them with the group.

4th Thursday of the month 11 am Free

Current Events

Bring your current events and topics of discussion to share with the group. We will provide the coffee and donuts.

Thursdays 9 am Free
October 6, November 17, December 8

Fall Harvest Party

Enjoy our fall harvest BBQ at the garden (on Blankenship). The garden has over 30 raised beds and lots on goodies. We will have BBQ chicken, baked beans, corn bread, and potatoes. This is a great way for you to see what the garden has to offer you.

Wednesday, October 5 10:30 am-12:30 pm \$3

Rummage Sale

Bring your unwanted items for our rummage sale. Reserve a 6-foot table for \$5. Please make reservations in advance. We will place all the signs and have your tables ready. As long as the weather permits we will be in the park; if not, we will open the center for business. Please reserve your spot at the front desk. For more information, please call 229-6125.
Saturday, October 8 8 am-2 pm \$5/table



Peach Cobbler Bake-Off

Grand Champion Anna Bates holds the current peach cobbler title. Put your recipe to the test, bring your favorite homemade peach cobbler for our bake off. Cobbler must be prepared in a 9x12 dish (minimum size to be entered in the competition). Prizes will be awarded for 1st-3rd place winners. Call David at 229-6125 for details.

Wednesday, October 12 12 noon
\$1 for sampling entries; free for cobbler entries

Western Ball

Join our club for a rootin' hootin' good time. Please dress in your favorite Western attire. We will serve authentic cowboy chow, while listening and dancing to country music. Yee haw!

Saturday, October 22 5-9 pm \$12/person

Pumpkin Painting Contest

We will provide the pumpkin, you provide the talent. We will have 3 categories to enter your pumpkin in: most creative, most original, and scariest. Prizes will be awarded.

Wednesday, October 26 12:30 pm \$2



Trick or Treat Bingo and Costume Contest

Calling all ghosts and goblins. Wear your favorite Halloween costume and enter our contest. We will be playing bingo for treats, not tricks. All participants will receive goodies!

Awards will be given for contest.

Thursday, October 27 11:30 am Free

Veterans Wall of Fame Ceremony

Join us in honoring our veterans. We will hang a plaque with the name of each of our center's participants who have served in the armed forces. After the ceremony, we will have cake and ice cream. All participants will receive patriotic souvenirs.

Thursday, November 10 11:30 am Free

Cookie Exchange

Just in time for the holidays! Bring three dozen of your favorite cookies, a copy of your recipe, and leave with a cookie variety. Please sign up at the front desk.

Tuesday, December 13 11 am Free

Look for Coming Events & Activities

January

Antique Appraisal Day

Campfire Delight – Marshmallow
toasting, s'more roasting



February

Mt. Charleston Lodge Trip

Sunday, February 5 – **Super Bowl Party**

March

Valley of Fire Tour

St. Patrick's Day Lunch

Tax Session Is Around the Corner

Let our IRS-trained tax professional do your taxes. Call Linda Hilliard starting January 2nd to schedule your tax appointment.

January 16-April 15 by appointment only Free

Dula Gym

Marilyn Louden, Center Coordinator

441 E. Bonanza Rd. 229-6307

Open: Monday-Friday, 7 am-10 pm; Saturday and Sunday, 8 am-10 pm

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates.

♥ Heart Healthy Activities

Monday

- ♥ 7:00 - 5:00 pm Fitness Room/Weight Training
- ♥ 7:00 - 10:00 am Golf Instruction
- ♥ 7:30 - 11:00 am Paddle Tennis
- 9:00 - 12:00 noon Cribbage
- ♥ 9:00 - 12:00 noon Bowling
- ♥ 11:00 - 12:00 noon Senior Basketball
- ♥ 11:00 - 2:00 pm Tap, int./adv.
- ♥ 12:00 - 3:00 pm Open Basketball
- 12:30 - 1:00 pm Circuit Training
- ♥ 7:00 - 9:00 pm Senior Basketball



Tuesday

- ♥ 7:00 - 11:00 am Pickle Ball
- ♥ 7:00 - 11:00 am Golf Course
- ♥ 7:00 - 3:00 pm Fitness Room/Weight Training
- ♥ 8:00 - 11:00 am Table Tennis
- ♥ 10:00 - 12:00 noon Silver Belles Tap Dance
- ♥ 11:00 - 12:00 noon Senior Basketball
- ♥ 12:00 - 4:00 pm Open Basketball



Wednesday

- ♥ 7:00 - 5:00 pm Fitness Room/Weight Training
- ♥ 7:30 - 11:00 am Paddle Tennis
- ♥ 8:00 - 10:00 am Golf Instructions
- 9:00 - 12:00 noon Cribbage
- 10:00 - 12:30 noon Round Table/Guest Speaker
- ♥ 12:30 - 1:00 pm Circuit Training
- ♥ 12:30 - 3:00 pm Open Basketball
- ♥ 2:00 - 3:00 pm Jazz Dance



Thursday

- ♥ 7:00 - 5:00 pm Fitness Room/Weight Training
- ♥ 7:30 - 11:00 am Pickle Ball
- ♥ 7:00 - 11:00 am Golf Course
- ♥ 8:00 - 11:00 am Table Tennis
- ♥ 9:00 - 10:00 am Tai Chi
- ♥ 11:00 - 12:00 noon Senior Basketball
- ♥ 12:00 - 2:00 pm Tap, int./adv.
- ♥ 12:00 - 3:00 pm Open Basketball
- ♥ 6:00 - 8:00 pm Senior Basketball
- ♥ 6:00 - 8:00 pm Senior Volleyball



Friday

- ♥ 7:00 - 5:00 noon Fitness Room/Weight Training
- ♥ 7:30 - 11:00 am Paddle Tennis
- ♥ 8:00 - 10:00 am Golf Instruction
- 9:00 - 12:00 noon Cribbage
- ♥ 10:00 - 12:00 noon Silver Belles Tap Dance
- ♥ 11:00 - 12:00 noon Senior Basketball
- ♥ 12:00 - 3:00 pm Open Basketball
- 12:30 - 1:00 pm Circuit Training
- 1:00 - 3:00 pm Best Movies of All Time/Treats

Saturday

- ♥ 7:00 - 5:00 pm Fitness Room/Weight Training
- ♥ 11:00 - 1:00 pm Japanese Dance
- ♥ 12:00 - 2:00 pm Table Tennis
- ♥ 2:00 - 3:00 pm Jazz Dance
- 8:00 - 10:00 pm Special Events/Rental/Leagues

Sunday

- ♥ 7:00 - 5:00 pm Fitness Room/Weight Training
- 8:00 - 10:00 pm Special Events/Rental/Leagues

More Dula Gym Activities ➤

Dula Gym (continued)

Sports

All sports have equipment and instruction available for new players. We encourage participation for the fun, social, health and quality of life benefits.

“Seniors in Motion”

Registration is required. Bring a sack lunch and water. Be ready to leave at 8:30 am. Free

Walkers’ Hike

October 4	Red Rock Canyon/Willow Springs
November 1	Lake Mead Recreation Area
December 6	Floyd Lamb State Park



Short Hikes

October 20	Red Rock Canyon/Ice Box Canyon
November 17	Lake Mead Recreation Area
December 15	Red Rock/White Rock Loop

Bowling

Bowling at Jerry’s Nugget.

Mondays 9:00 am-noon \$3 (3 games & shoes)

Pickle Ball

The fastest growing game in the U.S. New players are needed for fall and winter games. Please bring tennis shoes. All equipment supplied.

Tuesdays & Thursdays 7:30-11 am

Table Tennis

Players of all levels are welcome. Ten tables are available so everyone can play. Instruction is available.

Tuesdays & Thursdays 8 am-noon

Paddle Tennis - 25 years and still going!

New players are welcome in this game that resembles a short tennis game, which is played indoors on a wood floor.

Monday, Wednesday and Fridays 7:30-11 am

Bocce

We play on our home court behind the gym. Instruction is available for beginners.

Monday-Friday 10 am

Golf

Special fees, instruction and tee times to match the season. New players welcome. Call Norman for details.

Tuesdays & Thursdays



Fitness Training

All new training equipment! Instruction is available. Open 7 days a week.

Senior Basketball/Senior Volleyball

We will be hosting senior basketball 3 on 3 games and open play for players 40 and over. We will also host senior volleyball and we need new players.

Basketball	Mondays, 7-9 pm & Thursdays, 6-8 pm
Volleyball	Thursdays, 6 pm

Education

Round Table

Join us for social, educational and a fun times together. Enjoy a weekly speaker and a light lunch as we plan new adventures and activities.

Wednesdays 10 am

City of Las Vegas Downtown Cultural Series

Transportation provided to the Lloyd George U.S. Courthouse to enjoy the special concert series.

3rd Friday 11 am Free

October 21, November 18, December 16

Trips

Advance registration is required for all trips.

Please call 229-6307 for details.

Annual Holiday Trip to Mt. Charleston

Join us for snow, hot chocolate and lunch.

Friday, December 23 8 am-4 pm

\$15/person (includes buffet lunch)

New Year’s at The Winery

Join us for a trip to the date farm near Tecopa, California.

We’ll eat lunch at the Pahrump Winery as we toast in 2006.

Friday, December 30 8 am-4 pm

\$15/person (includes lunch)

Mesquite Trip

A full day to enjoy Mesquite. Have a massage, golf or enjoy the casino action.

Thursday, October 27 7:30 am-6 pm

Free (includes lunch)

Casino Trip

Let’s go check out the new Wynn Las Vegas.

Thursday, November 10 9 am-3:30 pm

Buy your own lunch

Surprise Trip

A special day trip for seniors who don’t drive our busy streets. We’ll see a movie, have a picnic in the park, visit Boulder City, and enjoy open market shopping.

Tuesdays 9 am-3 pm Bring your own lunch

October 18, November 15, December 20

Special /Events

Breakfast

This will be traditional with eggs, potatoes and choice of meat, or healthy with oatmeal, fruit and juice.

2nd & 4th Friday 9 am \$2/person

Thanksgiving Dinner

We will supply the turkey, gravy, potatoes, rolls and drinks. We ask that everyone bring a potluck dish to complement the meal. Advance registration required.

Wednesday, November 23 10 am Free

East Las Vegas Community/Senior Center

Bobbie Ann Howell, Center Coordinator

250 N. Eastern Ave. 229-1515

Open: Monday-Friday, 8:30 am-4:30 pm

Closed October 28, November 11, 24, 25, December 26

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates.

Variable fees are charged per class.

♥ Heart Healthy Activities

Monday

- ♥ 9:00 am Mat & Stand Up Exercise
- 10:00 am Computer, beg.
- ♥ 10:00 am Chair Exercise
- 11:00 am Voice Lessons
- ♥ 11:30 am Tap Dance
- 11:30 am Computer, int.
- 11:30 am Lunch
- ♥ 12:00 noon Table Tennis
- 12:30 pm Canasta
- 1:00 pm Crochet & Knitting
- 1:00 pm Computer, adv.
- ♥ 3:30 pm Hula



Tuesday

- ♥ 8:00 am Walking Group
- ♥ 9:00 am Bowling
- 9:00 am Acrylic Painting
- 9:00 am Cribbage
- 10:00 am Pinochle
- 11:30 am Lunch
- ♥ 12:00 noon Table Tennis
- 5:30 pm ESL Classes
- ♥ 7:00 pm Square Dance



Wednesday

- ♥ 9:00 am Mat & Stand Up Exercise
- 10:00 am Computer, beg.
- ♥ 10:00 am Chair Exercise
- 11:30 am Lunch
- 11:30 am Computer, int.
- ♥ 11:30 am Korean Folk Dance
- ♥ 12:00 noon Table Tennis
- 12:00 noon Piano Lessons, int.
- 12:30 pm Teddy Bear Club
- 1:00 pm Computer, adv.
- 1:00 pm Diabetes Prevention Group
- 5:30 pm ESL Classes



Thursday

- ♥ 8:00 am Walking Group
- 9:00 am Pick and Paint Ceramics
- 9:00 am Open Computer Lab
- ♥ 9:00 am Shuffleboard (last Thursday of the month)
- 9:30 am Coffee and Conversation Social
- 9:30 am Cribbage
- ♥ 10:00 am Tap Dance
- 11:30 am Lunch
- ♥ 12:00 noon Table Tennis
- 12:30 pm Red Hat Society Meeting (2nd & last Thursday)
- 1:00 pm Freestyle Drawing **New!**
- ♥ 1:00 pm Ballroom Dance
- 5:30 pm ESL Classes
- ♥ 7:00 pm Square Dance



Friday

- ♥ 9:00 am Mat & Stand Up Exercise
- ♥ 10:00 am Chair Exercise
- ♥ 11:00 am Line Dance
- 11:30 am Lunch
- ♥ 12:00 noon Table Tennis
- 12:30 pm Pen Pals
- ♥ 12:30 pm Korean Folk Dance
- 1:00 pm Movie Madness (cold soda & popcorn) Free
- 5:30 pm ESL Classes



The East Las Vegas Community/Senior Center would like to keep in all our hearts the servicemen and women who are fighting overseas. We will be collecting letters, baked goods, magazines and a variety of other items to make care packages. If you would like to be part of this wonderful program, call 229-1515.

Look for the following in the next issue of PrimeTimers: tax services, utility tax, annual chocolate festival and more.

The center offers a variety of dance classes.

Please call 229-1515 to sign up today.

More East Las Vegas Activities ➤

East Las Vegas Community/Senior Center (continued)

Sports

Table Tennis

Come and play table tennis; courts are set up.

Monday-Friday 12-2 pm



Shuffleboard

Have you ever wanted to learn how to play or know how and love the game, but have no one to play with? Then come and play shuffleboard with us! No partner needed.

Last Thursday 9-11 am Free

Golf

Play 18 holes with us at the Angel Park putting course.

Registration required. Call 229-1515 to sign up.

Mondays 1 pm \$6

October 17, November 7, December 5

Bowling

Bowling at the Texas Station.

Tuesdays 9 am \$3/person (2 games & shoes)

Hiking

Come and visit nature as we go hiking.

Van leaves at 8:30 am.

October 14 Cold Creek

November 23 Valley of Fire

December 16 St. Thomas Overton



Fitness

Chair Exercise

This is our most popular fitness class - a great way to get into shape.

Monday/Wednesday/Friday 10 am \$1/class

Walking Group

Need to keep walking. Walking is a great way to keep the heart strong. Then come and walk with us! We walk in the centers ballroom it is never too hot or too cold.

Tuesdays & Thursdays 8 am

Health and Wellness

Healthy Living

Learn about weight loss and healthy living and the do's and don'ts associated with being diabetic.

Thursdays 1 pm Free

Blood Pressure Checks

Wednesdays 9:30-10:30 am Free

Flu and Pneumonia shots

Medicare and Medicaid are accepted. Appointments are required.

Wednesdays 9 am-2 pm Fee varies

October 12 & November 9

Education

Computer Classes

Classes start at the beginning of each month.

Call 229-1515 to reserve your spot today!

Beginner Monday/Wednesday 10-11:30 am

Intermediate Monday/Wednesday 11:30 am-1 pm

Advanced Monday/Wednesday 1-3 pm

Open Lab Thursday 9 am to 2 pm

Classes are \$15 for four weeks.

AARP 55 Alive/Mature Driving Program

Nevada state law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days.

Monday & Tuesday 9:30 am-1:30 pm \$10

October 17 & 18, November 14 & 15, December 19 & 20

Medicare Discussion

Do you need help with Medicare drug cost? Representatives from the SHIP program will be here to talk to you.

Wednesdays 9 am-noon Free

October 26, November 30, December 28

Workshops

Beading – back by popular demand!

Make beautiful beaded gourds for a Thanksgiving centerpiece or a gift. Call 229-1515 to sign up.

Wednesday, October 12 & 19 1 pm \$5

Maintain your Brain

Fitness for your brain! Learn what you can do to help keep your brain healthier. Registration required.

Wednesday, November 9 1 pm Free

Kitchen Gadgets from A to Z

Learn about and purchase the latest kitchen tools that can reduce time and effort. Light refreshments will be served. Registration required.

Thursday, November 17 10 am Free

Arts and Crafts

Freestyle Drawing Class

All you need is a pencil, paper and your imagination.

Thursdays 1 pm \$3/class

Holiday Jewelry

Make something unique for yourself or for someone else.

Wednesdays (begins Nov. 2) 12 noon \$3/class

Dance

Hula Dance (new)

Mondays 4 pm

Ballroom Dance

Thursday 1-3 pm \$5/person

More East Las Vegas Activities ➤

East Las Vegas Community/Senior Center (continued)

Special Events

Pancake Breakfast

We will be having pancakes, eggs and bacon.

Thursdays 9 am \$2/person

October 6, November 3, December 1



3rd Annual Hoe Down and Chill Cook Off

Entertainment, two-stepping and great food! Don't forget to sign up for the chili cook-off. Prizes and awards for best overall, most original and best taste.

Wednesday, October 26 11:30 am \$3/person

Fall Health Fair

Free health screenings, information booths, and entertainment, followed by a healthy lunch.

Thursday November 4 10 am-2 pm Free

Winter Wonderland

Help us decorate the center for the holidays by making snowmen, decorating gingerbread houses and singing holiday carols. We'll have homemade holiday cookies and hot chocolate. Registration required.

Thursday, December 1 12:30 pm Free

Cookie Exchange

Please bring three dozen of your favorite holiday cookies and the recipe. Space is limited; reservations required.

Tuesday, December 13 12:30 pm

Holiday Potluck

We will provide the main course and you will need to bring your favorite side dish. Reservations required.

Wednesday, December 14 11:30 am

Social

Red Hat Society

Come join our Red Hat Society.

2nd Thursday 12:30 pm

Coffee and Conversation Discussion Group

Catch up on the latest news, share some lively conversation and enjoy a cup of coffee. We look forward to meeting you.

Thursdays 9:30 am Free

Movie Madness

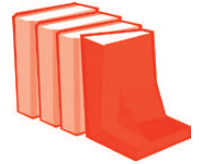
Enjoy classic or current movies; popcorn and drinks provided.

Fridays 12:30 pm Free

Senior Trading Library

Come and check out our library.

Monday-Friday 9 am-4 pm



Library Outreach

Las Vegas-Clark County Library District staff is here weekly. Register for a free library card and check out books and CDs.

Tuesdays 11 am

Cards

Are you a card player? Then we are looking for you. We have several people who want to play cards. There are no clubs, no fees, just great people and lots of fun.

Canasta Mondays 12:30-4 pm

Cribbage Tuesdays & Thursdays 10 am-4 pm

Pinochle Tuesdays 9-11:30 am

We are looking for people to play dominos. If you are interested, call Ron at 229-1518.

Trips

Advance registration is required for all trips.

Grape Stomping at the Pahrump Winery

Come with us to the annual grape stomping in Pahrump. This will be a day filled with lots of fun activities. Lunch is not included, but may be purchased at the winery.

Saturday, October 1 10:30 am \$12/person

Get ready for Football!

We will attend the UNLV vs Utah football game. Fee includes ticket, hot dog, soda and popcorn.

Saturday, October 22 Time TBA \$12/person



Planetarium at Community College of Southern Nevada

Peer deep into space through the eyes of the orbiting Hubble Space Telescope and travel back billions of years in time to witness the birth of the universe.

Friday, November 18 5 pm \$5/person

Valley of Fire

We will visit the beautiful Valley of Fire. Just pack your lunch and enjoy the ride!

Wednesday, November 23 8:30 am Free

Shopping at the Primm Outlet Mall

We go holiday shopping at the Primm Outlet Mall.

Friday, December 16 9 am \$2

Holiday Light Tour

Get in the holiday spirit as we go and see the beautiful holiday lights around town.

Tuesday, December 20 5:30 pm \$2

Breakfast and a Movie Club

Come with us to see the newest holiday blockbusters.

Friday, October 21 9:30 am

Friday, November 18 9:30 am

Wednesday, December 28 9:30 am

Howard Lieburn Senior Center

Pete Priest, Center Coordinator

6230 Garwood Ave. (US-95 & Jones) 229-1600

Open: Monday-Friday, 8 am-4 pm

Closed October 28, November 11, 24, 25, December 26

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates.

♥ Heart Healthy Activities

Monday

- 8:00 am Open Computer Lab
- ♥ 8:00 am "Walk & Talk" Walking Club *New!*
- ♥ 8:30 am "Rollin' On" Body Ball Exercise Class
- 9:00 am Medicare Drug Cost Counseling (last Monday)
- 10:00 am Free-Style Drawing
- 1:00 pm Bridge Club
- 1:00 pm Chair Massage (2nd & 4th Mon.)
- 1:00 pm Digital Camera Club (1st Mon.) *New!*



Tuesday

- 8:00 am Open Computer Lab
- ♥ 8:00 am "Walk & Talk" Walking Club *New!*
- ♥ 8:30 am Strength & Flexibility Exercise Class
- 9:00 am Diabetes Prevention Lecture Series *New!*
- 9:30 am Computers with Michael *New!*
- ♥ 11:00 am In Balance Training with Doris *New!*
- 11:00 am Computers with Michael *New!*
- 12:30 pm ebay Part One
- 1:00 pm Wax In-Lay Beading
- 2:00 pm ebay Part Two



Wednesday

- 8:00 am Open Computer Lab
- ♥ 8:00 am "Walk & Talk" Walking Club *New!*
- ♥ 8:30 am Table Tennis
- 9:00 am Kids to Kids

- 11:00 am Nimble Thumbs Knitting/Crochet Club
- 12:00 pm Bingo
- 12:00 pm Pinochle
- 1:00 pm Computers with Michael *New!*
- 1:00 pm Alzheimer's Support Group (2nd & 4th Wed.)



Thursday

- 8:00 am Open Computer Lab
- ♥ 8:00 am "Walk & Talk" Walking Club *New!*
- 8:30 am Lieburn Breakfast Nook (2nd & 4th Thurs.)
- ♥ 9:30 am T.O.P.S.
- 9:30 am Computers with Michael *New!*
- 10:00 am Community Garden
- ♥ 11:00 am Pilates, beg. *New!*
- ♥ 12:00 pm Pilates, int. *New!*
- 1:30 pm Ceramics



Friday

- 8:00 am Open Computer Lab
- ♥ 8:00 am "Walk & Talk" Walking Club *New!*
- ♥ 8:30 am Lieburn Hiking Club (2nd Fri.) *New!*
- 9:00 am Law Project Consultations (2nd Fri.)
- ♥ 11:00 am Tai Chi
- ♥ 11:00 am Health Screenings (3rd Fri.) *New!*
- 11:30 am Watercolor
- 12:00 pm Pinochle
- ♥ 1:00 pm "Gotta Dance" Dance Class



Special Events

Lieburn Chili Cook-Off

Come and show off your winning chili recipe.
Pre-registration is required by Wednesday, October 5.
Friday, October 7 11 am \$3/person

A Pet Affair

This free pet expo includes the Humane Society, S.P.C.A., City of Las Vegas K-9 Unit demonstration, a dog agility demonstration, Scraps Dog Bakery, and much more. We have a "weiner dog" race, best costume contest, and free gifts to give away. Pets are welcome, but must be on leash.
Saturday, October 22 10 am-2 pm Free

Sadie Hawkins Day Lunch & Dance

Ladies, you get to ask the guys to this dance.
Pre-registration required by Wednesday, November 2.
Friday, November 4 11 am \$3/person

3rd Annual Pilgrim's Potluck

Complete with home-cooked food, fun and raffle prizes!
We will provide the main dish and your entrance fee is a potluck dish. Pre-register by Wednesday, November 16.
Friday, November 18 11 am

Cookie Exchange Luncheon

Bring two dozen baked cookies to exchange. Have copies of your recipe to share, too! Pre-registration required by Wednesday, November 30.
Friday, December 2 11 am \$3/person

3rd Annual Holiday Cheer Luncheon

Celebrate with holiday food, games, gifts, and a special gathering of friends and family. Pre-register by Wednesday, December 14.
Friday, December 16 11 am \$3/person

More Lieburn Senior Center Activities ➤

Lieburn Senior Center (continued)

Pre-registration is required for all classes and workshops. Call 229-1600.

Social Groups

Daughters of the Utah Pioneers

2nd Mondays 12 noon

T.O.P.S. (Take Off Pounds Sensibly)

A weight-loss support group to help and guide each other in sensible methods for taking off and keeping off weight.

Thursdays 9:30 am

Alzheimer's Support Group

This support group serves caregivers of individuals with memory impairments by offering ongoing support, resource information and a network of friends.

2nd & 4th Wednesday 1 pm

Cards & Games

Bridge

Join our group! We have started a bridge club.

Mondays 1-3:30 pm Free

Pinochle

Join this great group of pinochle players who have adopted the Lieburn Senior Center as their very own.

Wednesdays 12-3 pm

Fridays 10 am-3 pm Free (with membership card)

Dance

"Gotta Dance" Dance Class

Learn basic dance and ballroom in a line-dance format, for those without a partner. Instructor: Donna Abnathy

Fridays 1-2 pm \$3/class

Education

Computer Classes

Classes begin the first week of every month and are in three-week sessions. \$6/session (payable before first class)

October

Intro to Computers Tues. & Thurs. 9:30-10:30 am

Internet Tues. & Thurs. 11 am-noon

Microsoft Word Wednesday 1-3 pm

November

Intro to Windows Tues. & Thurs. 9:30-10:30 am

Intro to Computers Tues. & Thurs. 11 am-noon

Internet Wednesday 1-3 pm

December

Microsoft Word Tues. & Thurs. 9:30-10:30 am

Intro to Windows Tues. & Thurs. 11 am-noon

Digital Camera Club

Discuss tips and tricks, and learn about new technology on the market. Bring your photos on CD, digital card or bring your A/V cable and hook directly to our television.

Mondays 1-3 pm Free

October 3, November 7, and December 5

Picture It Publishing Workshop

Edit, crop, add borders and change the color of your photos; then add them to a calendar, card, flyer and many others. We will have a special holiday project.

Monday, December 12 1-3 pm Free

CD-Burning Workshop

Learn how to back up your computer, transfer files and make your favorite music CD.

Monday, November 14 1-3 pm Free

Open Computer Lab

Enjoy high-speed access to the Internet. Closed during computer class times.

Monday-Friday 8 am-4 pm Free

eBay

Part One teaches you how to research and buy items.

Part Two (prerequisite Part One) will teach you selling techniques. Fee is payable on the first day of class. Basic computer skills are necessary. Instructor: Marianne Hanel

eBay Part One Tuesdays 12:30-2 pm \$20/session

eBay Part Two Tuesdays 2-3:30 pm \$20/session

AARP Safe Driving Program

Nevada state law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days.

3rd Wednesday & Thursday 12-4 pm \$10

Nevada Test Site Lecture

The U.S. Department of Energy's National Nuclear Security Administration Nevada Test Site Office will touch on topics such as national security, Nevada Test Site history, and environmental management.

Wednesday, October 19 1 pm Free

Diabetes Prevention Lecture Series

A representative from UNR Cooperative Extension will conduct two six-week lectures about diabetes awareness, prevention and treatment.

Tuesdays 9-10:30 am Free

October 4-November 8, November 15-December 20

The Lieburn Library Nook

Our wonderful library includes books, magazines, VHS videos, and new-release DVD movies. All materials are free to check out to participants with a City of Las Vegas membership card.

More Lieburn Senior Center Activities ➤

Lieburn Senior Center (continued)

Fitness



In Balance Training with Doris

This class is a combination of yoga, Pilates, Feldenkries, resistance bands, weight resistance & chi ball methods.

Tuesdays 11 am-12 noon \$3/class

Rollin' on Body Ball Class

Use a therapeutic body ball to strengthen and tighten muscles and help stimulate balance and coordination.

Mondays 8:30-9:30 am \$1/class

Strength & Flexibility Class

Learn flexibility exercises for greater range of motion and resistance exercises using hand weights to strengthen and tone the muscular system.

Tuesdays 8:30-9:30 am \$1/class

Tai Chi

Learn the yang style of tai chi.

Fridays 11 am-noon \$3/class

Pilates

These are mat pilates classes. Each class is 6-weeks.

Thursdays \$18/person, session

Beginning 11 am-noon

Intermediate 12-1 pm

Chair Massage

Discover the healing power of massage with licensed massage therapist Becky McKee. 15-minute minimum.

2nd & 4th Monday 1-3 pm 50¢ per minute

Community Assistance



Health Screenings

Staff from Harmony Home Health & Hospice conduct blood pressure checks, blood glucose tests, O₂ saturation checks, and heart rate checks. Must have a City of Las Vegas Senior membership card.

3rd Friday 11 am-1 pm Free

Kids to Kids

Calling all volunteers! Kids to Kids is a nonprofit organization that cleans gently used books and redistributes them to at-risk children for at-home libraries.

1st & 3rd Wednesday 9 am



Senior Citizens Law Project

Please call 229-6596 to schedule an appointment.

Fridays, October 14 & December 9 Free

Medicare Drug Cost Counseling

A representative of the State of Nevada Division of Aging Services will answer your questions regarding Medicare, drug costs/Part D. Call 229-1600 for more information. Service ends December 19.

Last Monday 9 am Free



Liebrun Excursions

Hiking

Bring a lunch, lots of water, and a camera. Bus leaves the center at 8:30 am and returns at 2:30 pm.

October 14 - Cold Creek December 9 - Lake Mead/St. Thomas

"Outward Bound"

If you are 50 years of age or older, join us for these fun excursions. Free transportation. Reservations required; seating is limited. Wear comfortable shoes and bring water and a sack lunch for outdoor excursions.

Check-in time: 9 am. We leave promptly at 9:15 am.

Imperial Palace Auto Museum Tour

Wednesday, October 12 9 am-2 pm

Fee: cost of lunch

Corn Creek Walking Tour

Wednesday, October 26 9 am-2 pm

Fee: bring sack lunch

Las Vegas Outlet Center

Holiday Shopping spree

Wednesday, November 9 9 am-2 pm

Fee: cost of lunch

Valley of Fire Tour

Wednesday, November 23 9 am-2 pm

Fee: bring sack lunch

Holiday Light Tour

Get in the holiday spirit as we go and see the beautiful holiday lights around town.

Thursday, December 15 5:30 pm

Fee: \$5

Breakfast and a Movie Club

Wednesday, December 28 9:30 am

Fee: \$5.25 + breakfast

Las Vegas Senior Center

Lettie Peters, Center Coordinator

451 E. Bonanza Rd. 229-6454

Open: Monday-Friday, 8:00 am-10 pm Saturday, 8:30 am-10 pm

Closed October 28, November 11, 24, 25, December 26-January 2

TTY 386-9108 (for the hearing impaired)

All the classes and activities on this page are subject to change. Please call the center to verify the times and dates of classes and programs or for information about joining clubs and groups. Pool room is open daily, no charge. Smoking is not allowed. For ages 50 and older.

♥ Heart Healthy Activities

Monday

- 8:00 am Morning Media
- ♥ 8:00 am Early Bird Walking Group
- ♥ 9:00 am "Fitness after 50" Aerobics w/Mary Lou
- 10:00 am China Painting
- ♥ 11:00 am Belly Dancing* (classes begin 10/3)
- 12:00 noon Silver Aces Duplicate Bridge Club
- 1:00 pm Bingo Excitement
- 1:00 pm Freestyle Drawing *New!*
- 3:30 pm Big Band Rehearsal
- 6:30 pm Beading *New!*



Tuesday - Burger Day Every Tuesday (11 am-1 pm \$2)!

- 8:00 am Morning Media
- ♥ 8:00 am Early Bird Walking Group
- ♥ 9:00 am Stability Ball Training
- 10:00 am Woodcarving & Burning
- 10:00 am Needlepoint
- ♥ 10:30 am Tap Dance, beg.
- ♥ 11:30 am Tap Dance, int.
- 1:00 pm Japanese Embroidery
- 1:00 pm Porcelain Doll-Making (12 noon on 2nd Tuesday)
- ♥ 1:00 pm Cowboy Mike's Line Dance (12 noon on 2nd Tu)
- ♥ 1:00 pm Health Is Wealth
- ♥ 2:30 pm Diabetes 101*
- 6:00 pm Movie
- ♥ 6:30 pm Round Dance, adv. *New!*
- 6:30 pm Silversmith Class *New!*

Wednesday

- 8:00 am Morning Media
- ♥ 8:00 am Early Bird Walking Group
- ♥ 9:00 am Stability Ball Training
- 9:00 am China Painting
- ♥ 9:00 am Ukrainian Egg Design w/Zoria
- ♥ 11:30 am Ukulele Dance*
- 12:00 noon Freestyle Pottery Painting Workshop *New!*
- ♥ 1:00 pm Ballroom Dance Class
- 4:00 pm Desert Wins Duplicate Bridge
- 5:00 pm Hula Band Practice
- 7:00 pm Ceramics
- ♥ 7:00 pm Hula Dance
- 7:00 pm News Discussion Group *New!*



Thursday

- 8:00 am Morning Media
- ♥ 8:00 am Early Bird Walking Group
- 9:00 am Crochet and Knit
- ♥ 9:00 am Stability Ball Training
- 10:00 am Humanities Discussion Group
- 10:30 am Quilting Workshop
- 11:00 am Ukulele, beg.
- 12:00 noon Ukulele, int.
- 12:00 noon Wax In-Lay Beading
- 1:00 pm Guitar, beg.
- 1:00 pm Afternoon Movie
- 1:00 pm Quilting
- 2:00 pm Guitar
- ♥ 3:00 pm Cowboy Mike's Line Dance
- 7:00 pm Frontline Recovery Group
- ♥ 7:00 pm Square Dance
- 7:00 pm United Volunteer Crafters (Ceramics)

Friday

- 8:00 am Morning Media
- ♥ 8:00 am Early Bird Walking Group
- 8:45 am Spanish, beg.*
- ♥ 9:00 am "Fitness after 50"/Aerobics w/Mary Lou
- 9:00 am Oil Painting
- 10:00 am Blood Pressure Screening (1st Friday)
- ♥ 10:00 am Tap Dance, beg.
- 10:00 am Spanish, int.*
- 11:30 am Golden Age Card Club
- 12:00 noon Chinese Mah Jongg
- 1:00 pm Sing-along with LV Fun Time Singers
- 1:00 pm Afternoon Movie
- ♥ 2:00 pm Silver Sensations Dance Group*
- ♥ 5:00 pm Hula, int.
- 6:00 pm Educational Videos
- ♥ 7:00 pm Hula, adv.

Saturday

- ♥ 8:00 am Early Bird Walking
- 9:00 am Ceramics
- 12:30 pm Duplicate Bridge Club
- 1:00 pm Ceramics Workshop (no instruction)
- 1:00 pm Afternoon Movie
- ♥ 2:00 pm Swing Dance
- ♥ 6:30 pm Ballroom Dance (Social)



*Must call 229-6454 to confirm program availability.

More Las Vegas Senior Center Activities ➤

Las Vegas Senior Center (continued)

Arts & Crafts



Woodcarving & Wood Burning Group

Come learn or improve your woodcarving or wood burning skills with others who share the same interests.

This group meets and works on individual projects every Tuesday. Grab a tasty burger after class at the Cooks Nook Café.

Tuesdays 10 am Free

Porcelain Doll-Making Class

Learn the unique and fulfilling art of porcelain doll-making. From the head to the toes, you will learn how to make porcelain come alive in the form of a doll. Sign up or stop by the class today.

Tuesdays 1 pm \$3/class

Oil Painting

This teacher is awesome! She will be sure to cultivate your creative side. All styles and interpretation are welcome; her only requirement is that you have fun and make friends. Stop by and see Pat today.

Fridays 9 am \$3/class



Ceramics Class

Join Marilyn for the best ceramics instruction in town. All skill levels are welcome to join at anytime. Students make vases, figurines, plates, holiday items, etc. Learn every aspect of the art of ceramics from greenware to glazing. Stop

by the center to view our wonderful ceramics display.

Wednesdays 7 pm \$2/class

Saturdays 9 am \$2/class

Nutrition

Cooks Nook Café

We offer a little bit of everything in the Cooks Nook Café, including coffee, tea, sodas, pastries, burgers, chips, sandwiches, popcorn and more. It's a great place to grab a snack before your class or to meet friends to talk. The prices are right and the staff is friendly.

Monday-Friday 8 am-3 pm



Hamburger Tuesday

Some say it's the best burger in town, or maybe it's the best deal in town. Join us for a mouth-watering 1/4 lb. sirloin burger with the works including our special house, sweet grilled onions, chips and a drink.

Tuesdays 11 am-1 pm \$2

Pancake Breakfast

Enjoy two huge pancakes, sausage and eggs.

3rd Wednesday 8-10 am \$2

Japanese Embroidery

Learn the colorful and exquisite craft of Japanese embroidery or if you already know how, join our group for some great conversation every Tuesday.

Tuesdays 11 am \$3/class

Needle Point

This lively group works on individual projects, such as pictures, frames, Kleenex boxes, napkin holders and more.

Tuesdays 10 am Free

Quilting

Learn the artful and decorative style of quilting from our fabulous instructor, Gertia. She will show you all the techniques to making a handmade and quality quilt for you or you loved ones. An open quilting workshop starts at 10:30 am for all skill levels.

Thursdays 1 pm \$3/class

Wax In-lay Beading

Turn beads into fabulous works of art using a little creativity, wax, and a stick. Eggs become centerpieces, gourds become bowls, and masks come to life with layers and rows of beads.

Thursdays 12 noon \$3/class



Freestyle Drawing (New)

All you need is a pencil, drawing pad and a willingness to free your creative imagination. Instructor Roberto Rico will show you techniques that will guide you in a creative direction that will be sure to surprise the

pickiest of critics.

Mondays 1 pm \$3/class

Cards & Games

Mah Jongg

This Chinese tile game is sure to keep your mind sharp.

Fridays 12 noon Free



Billiards & Darts Room

We have a billiards room that is open everyday.

Monday-Saturday 8 am-9:30 pm Free

BINGO

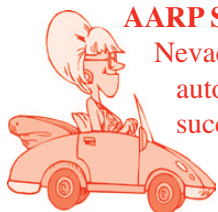
Play for food and household items weekly. Each week we either have free refreshments, a raffle or an extra card to play. See you on Monday!

Mondays 1-3 pm 75¢

More Las Vegas Senior Center Activities ➤

Las Vegas Senior Center (continued)

Education



AARP Safe Driving Course

Nevada state law allows for a discount on your auto insurance premium when you successfully complete this course. You must pre-register and attend both days. Please call 229-6454 for information and to register. Sorry, no classes in December. *Classes may be canceled for lack of enrollment.*

Class Times	1-5 pm	5-9 pm	
October	19, 26	17, 18	\$10
November	16, 23	21, 22	\$10
No December classes			



Computer Classes

Classes start every first Tuesday of the month; please call to register for the next start date. Must prepay and register to hold spot in class.

\$15 (4-week course)

Beginning	Tuesdays & Thursdays	1-2:30 pm
Intermediate	Tuesdays & Thursdays	3-4:30 pm

eBay Classes

Intro to eBay teaches you how to research and buy on the World's most popular Internet auction site. Learn how to register, comparison shop and make informed and safe purchases. Jump on the fastest growing phenomenon of the Web. eBay (prerequisite Intro to eBay) Savvy shows you how to sell and market your items to maximize your profit. \$20 (4-week course)

Intro to eBay	Thursdays	9:30-11 am
eBay Savvy	Thursdays	11 am-12:30 pm

Open Computer Lab

Mon./Wed./Fri.	8 am-5 pm	Free
Tuesday & Saturday	8:30 am-noon	Free

Spanish Classes

With Las Vegas being as diverse as it is, everyone could benefit from learning a little Spanish. Learn some conversational Spanish today, so you can communicate with your neighbors tomorrow.

Beginning	Fridays	8:45 am	\$3/class
Intermediate	Fridays	10 am	\$3/class

Social Groups

Red Hat Society

Ladies, if you like to have fun and laugh, then this is the group for you. The only catch is that you have to wear a purple outfit and a red hat. Come be part of this nationally recognized social group of mature women. After this monthly meeting, enjoy a Hamburger Tuesday meal for \$2.

3rd Tuesday	11 am	Free
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Birthday Club

Celebrate each month's birthdays with a slice of cake. You will also be entertained by our Las Vegas Senior Center Fun Time singers. Listen or join in the fun the first Friday of the month.

1st Friday	1 pm	Free
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Humanities Discussion Group

Our discussion group enjoys a wide variety of speakers and topics. Refreshments served each week. Call 229-6454 for information about upcoming speakers.

Thursday	10 am	Free
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Morning Media

Catch up on current events. Every morning we will have the news tuned in. Afterwards grab a cup of coffee in the Cooks Nook Café.

Monday-Friday	8-10 am	Free
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Monthly Las Vegas Senior Center Meetings

Meeting	Time	Date
Southern NV Gem & Mineral Society	7:00 - 9:30 pm	1st Monday
Volunteer Services Committee	10:10 - 11:30 am	1st Wednesday
Senior Citizens' Originals	11:30 am - 1:00 pm	2nd Wednesday
Tripsters Meeting	1:00 - 3:00 pm	2nd Tuesday
Purple Passions Red Hat Ladies	11:00 am - 1:00 pm	3rd Tuesday
Las Vegas Numismatic Society	6:00 - 9:30 pm	2nd Saturday

More Las Vegas Senior Center Activities ➤

Las Vegas Senior Center (continued)

Dance



Weekly Saturday Night Dance with Boyd Coulter's Good Times Band

Every Saturday night, cut a rug with the live music and good friends in our beautiful climate-controlled ballroom.

Saturdays 6:30-9:30 pm \$3

Western Line Dance

Come join Cowboy Mike for a heel kickin' good time. Learn the latest dance moves along with the classics. First three lessons are free to all new students.

Tuesdays 1 pm \$3/class
Thursdays 3 pm \$3/class

Belly Dance

Learn the beautiful and aerobic moves of belly dancing. Burn calories while meeting new friends who share the same interests in this fun and relaxing class.

Mondays 11 am \$3/class

Ballroom & Swing Dance (2-hour class)

No need to have a partner. You are sure to learn it all while having fun at the same time. All skill levels are welcome and no need to pre-register, just show up.

Wednesdays 1 pm \$5/class
Saturdays 2 pm \$5/class

We Have a Dance Class for Everyone!

We also offer other dance classes, including tap, hula, round dance, and square dance, all week long. Please call or look at the class schedule at the front of our section for class times.

Music



Sing-A-Long w/ Las Vegas Fun Time Singers

Join our songbirds for their weekly afternoon of singing and laughing.

We even take trips to other centers to share the beauty of music.

Fridays 1 pm Free



Guitar Classes

It's never too late to pick up the guitar and learn, or brush up on your skills.

Join our 1:00 pm beginning class today.

Thursdays 1 pm & 2:30 pm \$3/class

Fitness

Early Bird Walking Group

Escape the elements and walk around our ballroom at your leisure, the 75 degrees is on us. Afterwards grab a bite in the Cooks Nook Café.

Monday-Friday 8-8:45 am Free
Saturday 8:30-9:30 am Free

Fitness after 50 Aerobics with Mary Lou

Tighten tone and stretch those muscles twice a week with Mary Lou, this high-energy low impact class will add years to your life and increase your daily energy levels.

Mondays & Fridays 9 am \$2/class

Stability Ball Training with Doris

This fun and therapeutic course incorporates a variety of styles of popular exercise. Working with stability balls, it's a mix of aerobics, yoga, pilates, meditation, light weights and more. Tuesday & Thursday class specialized for individuals that have muscular deficiencies and or mobility issues.

Tuesdays, Wednesdays & Thursdays 9 am \$2/class

Health Is Wealth

Help give support to, and gain support from, those who are on the long road of weight loss and healthy living. This healthier living support group will help keep you on track of your dietary goals. Each meeting will be filled with helpful and expert advice from pharmacist and nutritionist Fred Greenberg. Learn how proper diet and balance of exercise can help your body heal itself and limit, if not eliminate, the amount of prescription drugs you are currently taking. This fun, informative group meets every week.

Tuesdays 1 pm Free

Las Vegas Senior Center Community Assistance (LVSCCA)

Volunteer Services Committee

Help make the Las Vegas Senior Center a better place by taking an active role in the programs that the center offers. We would like your input and ideas for new and existing programs. Donuts and coffee are always served, just show up.

1st Wednesday 10:15 am Free



Las Vegas Senior Center (continued)

Special Events

Oktoberfest



Enjoy bratwurst, sauerkraut, German potato salad, bread and German chocolate cake. Please purchase tickets

in advance for space is limited to 100 participants.

Thursday, October 13 11 am

\$3 advance/\$5 door

Annual Thanksgiving Dinner

Join us for a traditional Thanksgiving meal, including turkey with all of the trimmings, and enjoy live entertainment. Limited to the first 75 participants.

Tuesday, November 22 12:30 pm \$5

A Holiday Luncheon

Enjoy holiday carols with our Sing-a-Long group while you dine on honey glazed ham, potatoes, vegetables, rolls and dessert. Limited to first 100 participants.

Thursday, December 8 11 am

\$3 advance/\$5 door

Annual Holiday Tea

Dress up, put on your hat and gloves, and join us for a holiday tea party. Enjoy tea, scones, savories and pastries, and learn about the history and etiquette of tea. Space is limited, so please purchase your ticket in advance. Ticket sales begin Monday, November 28 at 8 am.

Tuesday, December 20 11 am \$5

Penny Pincher Auction

Bid on items such as gift certificates, perfumes, TVs, VCRs, household items, small appliances, antiques and more. All items are brand new or slightly used and can be yours for virtually pennies on the dollar. This is a fundraising event, so if you have some new or slightly used items you would like to donate, please call Lettie or Matt at 229-6454. Admission is an item to be auctioned off or \$3 to receive an auction paddle.

Saturday, October 22 11 am

Admission: item for auction or \$3 for auction paddle

Handicraft Sale

Saturday,
December 10
10 am-5 pm Free

All handcrafted ceramics, artwork, jewelry, dolls, quilts, rugs, knitted and crocheted items and much more.

(If you have craft items to sell, are age 50 or older and would like to purchase a table, call Marilyn after 2 pm at 229-6454.)



Las Vegas Senior Idol Talent Competition

Saturday, November 5, 1 pm
Reed Whipple Cultural Center
821 Las Vegas Blvd. N.

Although this talent competition will not be televised on national TV, it has gotten a lot of local attention in the past. Come see some of the finest mature talent in Las Vegas compete in a variety of different categories for the title of Las Vegas Senior Idol. Categories are group dance, individual dance, group vocal, individual vocal and comedy. Tickets available at the Las Vegas Senior Center for \$3 prior to November 5, or may be purchased for \$5 day of the show at the Reed Whipple Cultural Center.

Northwest Senior Center

Amy M. Solich, M.P.A., Center Coordinator

6841 W. Lone Mountain Rd. 229-4794

Open: Monday-Thursday, 8 am-4 pm; Friday, 8 am-3 pm

Closed October 28, November 11, 24, 25, December 23-30

TTY 386-9108 (for the hearing impaired)

Classes and activities are subject to change. Please call to verify times and dates.

♥ Heart Healthy Activities

Monday

♥	7:30 - 8:30 am	Fitness over 50 @ YMCA*	\$2
♥	8:00 - 8:45 am	Tighten & Tone	\$1
♥	9:00 - 9:45 am	Tai Chi, adv.	call
♥	10:00 - 11:00 am	Tai Chi	call
	10:00 - 1:00 pm	Pinochle	Free
♥	10:00 - 12:00 noon	Bocce	Free
♥	10:00 - 11:00 am	Chi Kung	\$3
♥	11:00 - 12:00 noon	Low Impact Aerobics	
♥	1:00 - 4:00 noon	Bowling @ Santa Fe Station	\$2.25/3 games
			\$2
	1:30 - 3:30 pm	Red Hat Society Group	call
♥	1:30 - 2:30 pm	Chair Fitness	\$2

Tuesday

♥	8:00 - 9:00 am	Tighten & Tone	\$1
♥	9:00 - 9:30 am	Resistance Training	\$2
	10:00 - 12:00 noon	Horseshoes	Free
♥	11:15 - 12:15 pm	Slim & Trim w/Mary Lou @YMCA*	\$2
♥	12:00 - 2:00 pm	Ballroom, Latin Swing	\$5
		Country Dance	
	1:00 - 4:00 pm	Potluck Bingo w/Leo	Free

Wednesday

♥	7:30 - 8:30 am	Fitness over 50 @ YMCA*	\$2
♥	7:45 - 8:30 am	Tighten & Tone	\$1
♥	8:30 - 10:00 am	Line Dancing, beg.	\$3
♥	9:00 - 9:45 am	Tai Chi, adv.	call
♥	10:00 - 11:00 am	Tai Chi	call
	10:00 - 12:00 noon	Movies (call for monthly list)	Free
♥	10:00 - 11:00 am	Chi Kung	\$3
♥	10:00 - 12:00 noon	Bocce	Free
♥	11:00 - 12:00 noon	Low Impact Aerobics	\$2
	12:30 - 3:00 pm	Bunco Club (3rd Wed.)	call
	1:00 - 3:00 pm	Creative Writing	\$4 or 3 for \$10
	1:30 - 3:00 pm	Singles Social (1st Wed.)	Free

Thursday

♥	8:00 - 9:00 am	Tighten & Tone	\$1
♥	8:00 - 10:00 am	TOPS	call
♥	9:00 - 9:30 am	Resistance Training	\$2
♥	10:00 - 12:00 noon	Horseshoes	free
	10:00 - 2:00 pm	Canasta	free
♥	11:15 - 12:15 pm	Slim & Trim w/Mary Lou @ YMCA*	\$2
♥	12:00 - 1:30 pm	Yoga	\$5
♥	1:30 - 2:30 pm	Chair Fitness	\$2
	2:00 - 3:30 pm	Tole Painting (examples in lobby)	varies

Friday

♥	7:30 - 8:30 am	Fitness over 50 @ YMCA*	\$2
♥	8:30 - 10:00 am	Line Dancing, beg.	\$3
	9:00 - 12:30 pm	Party Bridge	free
♥	10:00 - 11:00 am	Tai Chi	call
♥	10:00 - 11:00 am	Chi Kung	call
♥	11:15 - 12:15 pm	Slim & Trim w/Cathy @ YMCA*	\$2
	12:30 - 3:00 pm	Canasta	Free



*Site Legend:

YMCA.....3851 N. Durango (at Gowan)

More Northwest Senior Center Activities ➤

Northwest Senior Center (continued)

Health & Wellness

Health Services Day

This is our quarterly health care and provider services day offered free of charge to you. Please come and take advantage of any or all of the services. All services are free on a first come, first served basis. No reservations.

Call 229-4794 for more information.

Tuesday, October 11 10:30 am Free

Provider:	Service:	Provider:	Service:
Creskide Healthcare	Blood Pressure Checks	Dr. Jeff Kaiser	Spinal Alignment Exam
Shepherd Eye Center	Eye Screenings	Secure Horizons	Healthcare Assistance
Nathan Adelson Hospice	Chair Massages	Senior Law Project	Wills, Trusts, and Legal Assistance
Nevada Foot Institute	Toenail Clippings	Shabazz Mobile Denture Lab	Denture Evaluations
Nevada Imaging Centers	Bone Mineral Density Testing	Harmony Home Health	TBA
Palm Mortuary	Medical Identification Cards	Judy Greeno	Antioxidant Nutrient Scan
David Groom Hearing Centers	Hearing Exam		

4-Part Wellness & Health Seminar Series

Attend any or all. All classes led by Reiki Master Clara Everett. Limited space; pre-registration is recommended. Includes continental breakfast.

I: Get Me Up, Get Me Going...

We have 7 main energy centers in the body, called Chakras, which determine how we feel physically mentally and emotionally. Learn simple techniques to align and balance the Chakras for yourself and others.

Tuesday, October 4 11 am-noon \$5

II: I'm Stuck – How Do I Get Out?

Got lots of junk hanging around from years past and current times? Do you seem to make the same mistakes over and over? Learn how to release old hurts and angers.

Tuesday, October 11 9-11 am \$5

III: Zap Me!

A new, dynamic approach to sending healing, happy thoughts to friends and family. Students will learn and practice techniques to generate healing energy to themselves and others.

Tuesday, October 18 9-11 am \$5

IV: Non-Surgical Facelift 3-Hour Seminar

Learn some fun, new, non-surgical isometric exercises for the face and neck that reduce the signs of aging. Reduce sagging, lift eyelids, soften lines and wrinkles and hinder new ones from forming. Students must bring a small free-standing mirror to class.

Tuesday, November 15 9 am-noon \$15

Senior TOPS Group (Take Off Pounds Sensibly)

Give and get support on the path to weight loss and a healthy lifestyle. Track your progress, achieve dietary goals, hear informative speakers and much more.

Thursdays 8-10 am Free

Flu and Pneumonia Shots

No charge for Medicare or Secure Horizons, self-pay \$25 for flu shots and \$35 pneumonia shot. Pick up the forms **in advance** at the front desk. No appointments will be made. First come, first served WITH COMPLETED FORMS. Must have forms filled out in advance.

Tuesday, October 4 12:30-4 pm Fee varies

Seniors CAN

A 16-week health and wellness program. Learn healthy, low cost recipes, physical and personal safety precautions, productivity and aging, financial tips, hands-on learning and much more. Space is limited and reservations are taken in advance. Call Heidi at 257-5588 to reserve your spot. If session is full, call 229-4794 to join the wait list.

Thursdays, August 18-November 17 10 am Free

Sports

Bocce and Horseshoe Groups Forming

Meet new friends and learn how to play both games.

Sign up now on the bulletin board. Starting September 5.

Bocce Mon./Wed. 10 am-noon Free

Horseshoe Tues./Thurs. 10 am-noon Free

Northwest Senior Center (continued)

Food & Luncheons

Space is limited and reservations required.

Oktoberfest

Enjoy an authentic German feast with all the fixings. Bratwurst, sauerkraut, hot German potato salad, sweet & sour beans, and Black Forest cake. Space is limited and reservations are required. Tickets on sale September 23. Tickets purchased the day before or the day of the event will be \$7.

Friday, October 21 12:30 pm \$5 advance



Thanksgiving Luncheon

This traditional feast includes turkey, mashed potatoes, gravy, stuffing, cranberries, beans, yams, and pumpkin pie. Hot cider and coffee included. Space is limited and reservations are required. Tickets on sale October 15. Tickets purchased the day before or the day of the event will be \$7.

Friday, November 28 12:30 pm \$5 advance



5th Annual Northwest Senior Center Holiday Party

Once again, our annual holiday party is being hosted by and held at the Santa Fe Hotel Casino. Space is limited and advance ticket purchase is required. No tickets will be available at the door. Tickets on sale November 1. Space is limited and the event fills up quickly.

Monday, December 5 12 noon \$6



Soups On

The seasons are a' changing and so are we. It's time for homestyle soups! Served with beverages, bread and dessert. Tickets purchased the day before or the day of the event will be \$4.

Fridays	12:30-1 pm	\$2/person
October 7	Cream of mushroom	
October 14	Pumpkin bisque	
November 4	Split pea with ham	
December 9	Cream of asparagus	
December 16	Butternut squash	

Education

Computer Classes

Space is limited and advanced registration and payment is required. Registration begins one month prior to start of each class. First come, first served.

Computer Lab

There is no fee for the lab, only for printing. Computers are equipped with games, Word, Excel and Internet.

Lab closed when class is in session

Monday-Friday 8 am-3



Computer Basics

Learn the computer keyboard, mouse, Windows, printing, cut & paste, opening & closing, and much more. This is good for the novice to the intermediate student. Lots of information. Space is limited and advanced registration and payment required.

Session I

October 7, 14, 21, 28 (Monday & Friday) 10 am-noon

Session II

November 4, 7, 14, 18 (Monday & Friday) 10 am-noon

Session III

December 2, 5, 9, 16 (Monday & Friday) 8-10 am
\$24/4 weeks

Introduction to Word

This is the basic word class for word processing and documents. Learn basic Word functions and applications. You must have keyboarding and mouse experience. Computer Basics is recommended as a prerequisite. Space is limited and advanced registration and payment required.

Session I

October 7, 14, 21, 28 (Monday & Friday) 8-10 am

Session II

December 2, 5, 9, 16 (Monday & Friday) 10-noon
\$24/4 weeks

Introduction to Email and Surfing the Internet

Want to learn the ins and outs of surfing the Web and sending emails? This is it. Must have keyboard and mouse experience. Computer Basics is recommended as a prerequisite. Space is limited and advanced registration and payment is required.

Session I

November 4, 7, 14 (Monday & Friday) 8-10 am
\$12/2 weeks

More Northwest Senior Center Activities ➤

Northwest Senior Center (continued)

Workshops



Creative Writing for Pleasure

This class will develop itself into what students want: journal writing, publishing, letters, self-exploration and more.

Instructor Terrisa Meeks is a local freelance writer. In addition to her commercial work, her essays and non-fiction have appeared in

Personal Journaling, *Writer's Digest Online*, and on KNPR radio.

Wednesdays 1:30-3:30 pm \$4/class or 3 for \$10

55 Alive AARP Mature Driving

Must attend both days, advance payment and reservations required. Payment by CHECK only. Cash is not accepted.

Tuesdays, November 1 & 8 8:30 am -12:30 pm \$10

Words on Wheels

Register for a free library card and check out popular books, large print materials and audio books on tape or CD. Scheduled every three weeks to check in returned books and offer new selections.

Wednesdays 9:30-10 am Free
October 5 & 26, November 16, December 7

State Health Insurance Plan Q & A Session

State of Nevada Department of Human Resources State Health Insurance Plan (SHIP) representatives will be on site monthly to help you maneuver through the process or answer questions regarding Medicare drug costs. No reservations required.

Last Tuesday
October 25, November 29 9 am-noon Free

Social Groups/Events

Senior Singles Social

Meeting new people can be hard, especially for singles. This is the way to do it. Refreshments provided.

1st Wednesday 1:30-3 pm Free
October 5, November 2, December 7

Quarterly Chat with New Councilman Steve Ross

Join Councilman Ross for a fresh cup of coffee and light refreshments. This informal setting will provide you the opportunity to meet your new councilman and discuss your ideas and concerns for Ward 6. Refreshments provided.

November 1 10-11:30 am Free



Red Hat Society Meetings

We have four groups. All are full, but we're always taking names to fill in openings. Limited to members.

Mondays 1:30-3 pm Free

Bunco Club

Roll the dice and have fun. Call center at 229-4794 for details about joining the club.

3rd Wednesday 12:30-2:30 pm
October 19, November 16, December 21

Potluck Bingo with Leo

Join this fun new weekly social event where participants enjoy others company, dishes and bingo. Call Leo at 229-4794 for more information, to tell what dish you will bring, and to reserve your spot. Participants must bring a dish.

Tuesdays 1-4 pm Free

Day Trips

Go Take a Hike

Join the Northwest Explorers mixed hiking group and hike the trails in Southern Nevada. Van transportation provided from the center to the hike location or carpool if you'd like. Bring your own lunch, water, sunscreen, and appropriate footwear and clothing. Reservations are mandatory and space is limited. Reserve your seat up to one month prior to the hike. Reservations and \$1 fee not required if using your own transportation to the hike location. Check in at center by 8:15 am.

Fridays 8:30 am-2:30 pm \$1

October 7 Red Rock
November 4 Valley of Fire
December 2 Lake Mead



Local Excursions

You may be required to bring appropriate attire including walking shoes, water and/or lunch if not included with trip. Fees will vary by trip. Space is limited and by reservation only. Attendance will rotate if needed. Pick up an informative flyer at the center to get more information.

Dates, times and fees TBA

Senior Citizens Law Project

Sheri Cane Vogel, Esq., Project Administrator

3100 W. Sahara Ave. Suite #116 (702) 229-6596 (702) 384-0314

Open: Monday-Friday, 8 am-5 pm By Appointment Only

TTY 386-9108 (for the hearing impaired)

cbeckwith@lasvegasnevada.gov

Staff members include:

Project Administrator Sheri Cane Vogel, Esq.

Elder Law Attorney Robert Nelson-Kortland

Elder Law Attorney Julie Arnold

Elder Law Attorney Carol Kingman

Paralegal Christy A. Beckwith

Administrative Assistant Nikki Adams

Office Specialist II Feliz Baltas

Office Specialist I Natalie Friedman

Clerk/Specialist Idalia Coreas-Mejia

Senior Technician Leslie Reynolds

The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no charge for services; however, donations are accepted. Clients are seen Monday-Friday between 9 am-4 pm by appointment only. Call 229-6596 to schedule an appointment.

The Senior Citizens Law Project provides advice and assistance in matters which include:

- Simple Wills (the SCLP does not prepare Living Trusts)
- Advance Directives (Living Wills and Durable Power of Attorney for Health Care)
- Power of Attorney (General and Special)
- Consumer Disputes and Small Claims Instructions
- Landlord/Tenant Disputes
- Social Security Problems and Other Public Entitlements
- Homesteads
- Termination of Joint Tenancy
- Affidavits of Entitlements
- Intervention of Elder Abuse Matters
- Legal Advice, Information and Referrals

Weekly Legal Assistance Provided

Senior Citizens Law Project counselors provide the following services at our main office located at 3100 W. Sahara Ave. Please call 229-6596 to make an appointment.

Monday

9 am-11:30 am

Advance Directive – Planning for Incapacity, Consumer Matters, Social Security Assistance, Landlord/Tenant Assistance

1:30-3:30 pm

Estate Planning, Bankruptcy Pre-screening, Financial Review, Homestead Document Preparation

Tuesday

9-11:30 am

Advance Directive – Planning for Incapacity, Consumer Matters, Social Security Assistance, Petition for Sealing Records, Petition for Name Change, Petition to Open Safe Deposit Box, Petition and Order for Release of Medical Records

1:30-3:30 pm

General Legal Information, Bankruptcy Pre-screening, Homesteads, Affidavit Terminating Joint Tenancy, Affidavit of Entitlement, Document Preparation/Notarization

Wednesday

9 am-3:30 pm

Will Signing Wednesdays – Clients who have had a Last Will and Testament prepared by the Senior Citizens Law Project return to the office to execute their legal instrument.

Thursday

9-11:30 am

Advance Directive – Planning for Incapacity, Consumer Matters, Social Security Assistance, Landlord/Tenant Assistance

1:30-3:30 pm

Estate Planning, Bankruptcy Pre-screening, Financial Review, Homestead Document Preparation

Friday

9-11:30 am

Advance Directive – Planning for Incapacity, Consumer Matters, Social Security Assistance, Petition for Sealing Records, Petition for Name Change, Petition to Open Safe Deposit Box, Petition and Order for Release of Medical Records

1:30-3:30 pm

General Legal Information, Bankruptcy Pre-screening, Homesteads, Affidavit Terminating Joint Tenancy, Affidavit of Entitlement, Document Preparation/Notarization

Monthly Outreach

Senior Citizens Law Project Counselors go to the following outreach centers on a bi-weekly and monthly basis.

Clients are seen by appointment only.

Please call 229-6596 to make an appointment to visit with a counselor at the following sites:

Doolittle Senior Center

1940 North J Street
3rd Friday of the month 9-11 am
October 21, November 18, December 16, January 20

East Las Vegas Community/Senior Center

250 N. Eastern Avenue
1st Friday of the month 9-11 am
October 7, November 4, December 2, January 6

Lieburn Senior Center

6230 Garwood Ave.
2nd Friday of the month 9-11 am
October 14, November 11, December 9, January 13

Boulder City Senior Center

1001 Arizona Street, Boulder City
2nd Tuesday of the month
October 11, November 8,
December 13, January 10

Henderson Senior Center

27 E. Texas, Henderson
1st Tuesday of the month
October 3, November 1
December 6, January 3

Seminars Throughout The Community

An elder law attorney from the Senior Citizens Law Project will conduct a general law seminar and advance directives/living wills seminars at the following locations. For more information, please call 229-6596.

Mountainview Hospital H2U (Senior Friends)

Advance Directives/Living Wills

Tuesday, October 4 1:30-3 pm
For directions, please call the
H2U Office at 702-255-5404.
Mountainview Hospital H2U (Senior Friends)
Outreach office: 8524 Del Webb Blvd.

Sunrise Hospital H2U (Senior Friends)

Advance Directives/Living Wills

Thursday, October 13 1:30-3 pm
For directions, please call the
H2U Office at 702-836-5880.
Sunrise Hospital H2U (Senior Friends)
Outreach office: 3101 S. Maryland Parkway, Suite 100

Chancellor Gardens of the Lakes

Ask a Lawyer

Wednesday, November 16 9-11 am
For directions, please call
Chancellor Gardens at 233-9800.
Chancellor Gardens of the Lakes Red Room
2620 Lake Sahara Drive

At Mesquite Senior Center

102 Old Mill Road, Mesquite

Ask a Lawyer

Following the seminars, the attorney will be available for individual appointments if additional consultation is needed. For directions, please call the center at 702-346-5290.
Wednesdays 10 am-noon
September 21, January 18



Thursday Nite in Baghdad

Saturday, October 8, 2005 • 2 pm

Marilyn Mayblum performs her autobiographical tale about her experiences in Baghdad during the Iran/Iraq war. Ms. Mayblum produced and performed in a Las Vegas Revue at the Moulin Rouge in Baghdad in the midst of the war. The performance recounts the dangers, humor, and chaos of the time. Join Ms. Mayblum for light refreshments after her performance.

Tickets: \$2

Derfelt Senior Center
3343 W. Washington Ave.



Information on Issues for Seniors 50+

Mel C. Kalagian LSW, LASW, a licensed social work practitioner, provides information and/or assistance with the following: Social Security/SSI, Franchise Tax Assistance, Low Income Energy Assistance Program Information, and Counseling Service by appointment. For more details or to schedule an appointment, call 229-6507.



Park Ambassadors

Volunteers are needed for the City of Las Vegas Parks Ambassador Program. Park Ambassadors greet visitors, distribute information about the City's recreational and cultural activities, and report any damaged equipment or maintenance problems. For more information, please call 229-4924.

Senior Citizen Programs Division Mission Statement

Empower older adults to contribute to their own physical and emotional health and well-being through an array of programs, actions and activities.



Customer Service Statement

The Department of Leisure Services is committed to fair, honest and professional treatment of all individuals and organizations with whom we serve. We fully support the American with Disabilities Act (ADA) and are dedicated to customer satisfaction.

SENIOR DIMENSIONS



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749 Veterans Memorial Dr.
Las Vegas, NV 89101

Las Vegas City Council
Mayor Oscar B. Goodman
Mayor Pro Tem Gary Reese, Ward 3
Councilman Larry Brown, Ward 4
Councilman Lawrence Weekly, Ward 5
Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1
Councilman Steven D. Ross, Ward 6

City Manager Douglas A. Selby
Deputy City Managers:
Betsy Fretwell, Steve Houchens
Department of Leisure Services
Director Barbara P. Jackson, DPA
Deputy Director Billie M. Bastian, MPA, CPRP
Supervisor Jerlys Henderson

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